

# the Kingsport Senior Center News



## Picnic and Bingo at Allandale

Come and join us at our annual picnic at Allandale. This event will be sponsored by Appalachian Community Federal Credit Union. The picnic will be held 11:30am-12:30pm followed by bingo from 12:30pm-1:00pm with some amazing prizes to win. Entertainment and menu is TBA.

### Save the Date: Mark Your Calendars

The center will be closed for Labor Day

Saturday,  
September 5 and  
Monday, September  
7, 2015



Tuesday,  
August 18, 2015

Allandale  
Pavilion

11:30am-  
1:00pm

Free



**Kingsport Senior Center Staff**

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## Center News

**The Kingsport Senior Center has an open-door policy and the staff is always willing to accept suggestions, comments and questions from members.**

## Refund Policy

The Senior Center staff is not authorized to give refunds. When a refund is required for any reason, the request is first made at the Senior Center, turned in to the Finance Department and checks are issued. Please allow at least three weeks for processing. A receipt must accompany the request for a refund.

## Membership Dues

For Fiscal year: July 1, 2015-June 30, 2016

\$15- Kingsport Residents

\$35- Sullivan County Residents

\$60- Out-of-County Residents

## Location and Hours of Operation

**Main Site: Renaissance Building: (423) 392-8400**

1200 E. Center Street

Kingsport, TN 37660

**Hours of Operation:**

Monday-Friday 8:00am-7:00pm; Saturday 9:00am-Noon

[www.kptseniors.net](http://www.kptseniors.net)

**Lynn View Branch Site: (423) 765-9047**

257 Walker Street

Kingsport, TN 37665

**Hours of Operation:**

Monday-Friday 9:00am-2:00pm

**\*The exercise room and computer lab will close 15 minutes prior to the closing of the Center.**



# WELLNESS

## Seminars

**Cardiovascular Disease in Women:** Dr. Amy Lawrence with ETSU Family will be at the Center on **Tuesday, August 11, 2015** at 10:30am in the Card Room. Topic of discussion will be "Cardiovascular Disease in Women": This seminar will review causes, signs, symptoms and prevention of heart disease in women. You will not want to miss this event, so mark your calendar today.

**Are You Taking Too Many Meds?:** Dr. Josh Brintle with ETSU Family Physicians of Kingsport will be at the center on **Tuesday, November 10, 2015** at 10:30am in the Card Room. Topic of discussion will be "Are You Taking Too Many Meds?": This seminar will discuss the risks and benefits of medications in the older adult population, and what the patient can do about wanting to take fewer medications. This is an event you will not want to miss, so mark your calendar and plan to attend.

## 2<sup>nd</sup> Annual BBQ Cook Off

Come join us for our 2<sup>nd</sup> Annual BBQ Cook Off and Pie Eating Contest on **Friday, August 21, 2015** at 1:00pm in the cafeteria. We will have Local Businesses (Entry Fee: \$10.00) competing for bragging rights for the best BBQ meat and sauce. Free entry to our Senior Center members if you would like to compete. All Senior Center members are invited for BBQ sampling, entertainment, and vendor information. Stop by the office and sign up there is a limit of 50 seats available, and if you plan to participate in the pie eating contest let us know at the time you sign up. All proceeds go to the Alzheimer's Association and donations are welcomed. Sign up starts Wednesday, July 29.

## Wellness Seminar

Flu Vaccine Clinic: Walgreens pharmacy will be offering a Flu Vaccine Clinic on **Tuesday, September 22, 2015** from 9:00am-11:00am in the hallway Billiards Room side. Medicare part B and TNCARE are going to cover the influenza vaccine this year at no charge to the patient, pneumonia vaccine will be available and is covered by Medicare. Without any insurance the current retail price of the vaccines are:

**Influenza: \$25.99**

**Pneumonia: \$99.99**

You must bring your insurance card (Medicare, etc) so that we may record the information and bill accordingly. Walgreens will also verify patient medical/immunization history, provide information on all vaccine types, give the patient and immunization card for his/her reference, and provide the immunization information to the clients primary care physician. Sign up starts Wednesday, August 19, 2015.

## Wood Shop

The wood shop will start opening on Saturday, starting on **August 15, 2015** from 9:00am-12:00noon. And will open every other Saturday there after and the same rules apply for a member to use the shop. You must have your wood shop safety orientation completed.

## Lunch & Learn

Kim Jones, LBSW Rehabilitation Liaison with HEALTHSOUTH Rehabilitation Hospital will be at the Center on **Tuesday, August 18, 2015** at 11:30am in the Card Room. Topic of discussion will be "What Do I Do Now?": This seminar will be a slide show presentation for anyone who might find themselves having to make decisions for extended care after an illness or injury. The differences between impatient rehab, skilled care, outpatient therapy, and home health will be discussed. Stop by the office and sign up, there is a limit of 20 seats available. Sign up starts July 22.

## Lunch & Learn

Ginny Jenkins, CE with Smoky Mountain Home Health & Hospice will be at the Center on **Tuesday, August 25, 2015** at 11:30am in the Card Room. Topic of discussion will be "Fall Prevention": This seminar will discuss how your vision affects your balance and how medications can contribute to falls. Also, how to eliminate fall hazards in your home. Sign up starts on Wednesday, August 5, 2015. There are 20 seats available.

## First District Senior Olympics

The First District Tennessee Senior Olympics is a special event for seniors 50 and older that combines a wide range of competitive activities. The objectives of the Senior Olympics are to recognize people who have achieved and maintained good health throughout their lives, promote physical fitness and the pursuit of lifetime leisure activities, and provide opportunities for fun, recreation and fellowship. The following counties are included in the First District: **Carter, Greene, Hancock, Hawkins, Johnson, Sullivan, Unicoi, and Washington.**

The 2015 First TN District dates: September 12-September 19, 2015. Golf Tournament at Cattails at Meadowview, Kingsport: Wednesday, September 9<sup>th</sup>. Basketball ETSU Brooks Upper Gym, Johnson City: Saturday, September 12<sup>th</sup>. Pickleball (singles, doubles and mixed doubles) at Memorial Park Community Center, Johnson City: Wednesday, September 16<sup>th</sup>. Horseshoes at Rock Springs Recreation Center, Kingsport: Friday, September 18<sup>th</sup>. Track & Field at Science Hill High School, Johnson City: Saturday, September 19. For more information contact, Teresa Sutphin, Coordinator at 423-722-5120 or at [tsutphin@ftaad.org](mailto:tsutphin@ftaad.org). Website: [www.tnseniorolympics.com](http://www.tnseniorolympics.com)



# Daily Activities and Classes at the Center

## Monday:

- Silver Sneakers Classic: 8:15am – Gym
- Open Woodshop: 8:30am-3:00pm- Woodshop
- Massage Therapy: 9:00am- 3:00pm- Multipurpose Room (appointment only)
- Quilting: 9:00am- Room 303
- Lap Swimming: 8:00am- Aquatics Center
- High Impact Aerobic: 9:15am – Gym
- Camera Club – [www.scphotogroup.com](http://www.scphotogroup.com)
- Happy Day Singers: 9:45am
- Clay, Intermediate: 10:00am- Clay room
- Strength Training: 10:15am- Gym
- Beginning Line Dancing- 11:30am- Gym
- Intermediate Line Dancing- 12:45pm- Gym
- Knitting: 1:00pm- Room 303
- Mahjong: 2:00pm- Card Room
- Table Tennis: 2:00pm- Gym
- Volleyball: 4:00pm- Gym

## Tuesday:

- Massage Therapy: 9:00am-3:00pm- Multipurpose Room (Appointment Only)
- Lap Swimming- 8:00am- Aquatics Center
- Zumba Fitness: 8:15am- Gym
- Open Woodshop- 8:30am- Woodshop
- Mini Cardio: 8:45am- Gym
- Ceramics: 9:00am- Ceramics room
- Strength Training: 9:30am- Gym
- Basket Weaving: 10:00am- Room 303
- Renaissance Strings: 10:00am- Atrium
- Beginning Clogging: 10:00am- Room 302
- Sing Along: 10:15am- Cafeteria
- Exercise for Everybody- 10:30am- gym
- Beginner Dulcimer: 11:00am- Atrium
- Core and Posture Beginning Belly Dance: 11:30am-Room 302
- Shuffleboard: 1:00pm- Ceramics Hallway
- Pickelball: 1:00pm- Gym
- Basketball: 4:00pm- Gym

## Wednesday

- SilverSneakers Classic: 8:15am- Gym
- Tai- Chi: 8:30am- Room 310
- Open Woodshop: 8:30am- Woodshop
- Lap Swimming: 8:00am- Aquatics Center
- High Impact Aerobics: 9:15am- Gym
- Clay, Intermediate: 10:00am- Clay Room
- Strength Training: 10:15am- Gym
- Intermediate Clogging: 11:15am- Room 302
- Hand & Foot Card Game: 12:30pm- Card Room
- Belly Dancing: 1:00pm- Room 302
- Table Tennis: 1:00pm- Gym
- Basketball: 4:00pm-Gym

## Thursday:

- Zumba Fitness: 8:15am- Gym
- Mini Cardio: 8:45am- Gym
- Lap Swimming: 8:00am- Aquatics Center
- Bingo: 9:00am-Cafeteria
- Ceramics: 9:00am- Ceramics Room
- Woodcarving: 9:00am- Room 303
- Strength Training: 9:30am- Gym
- Exercise for Everyone: 10:30am- Gym
- Intermediate Dulcimer: 11:00am- Atrium
- Volleyball Lessons- 11:30am- Gym
- Jam Session: 12:30pm- Cafeteria
- Volleyball: 1:00pm- Gym
- Shuffleboard: 1:00pm- Ceramics Hallway
- Piano Lessons: 2:00pm- Multipurpose Room
- Pickleball: 4:00pm- Gym

## Friday:

- SilverSneakers Classic: 8:15am- Gym
- Lap Swimming: 8:00am- Aquatics Center
- Genealogy Club: 9:00am- Computer Lab
- Open Woodshop: 9:00am
- High Impact Aerobics: 9:15am- Gym
- Strength Training: 10:15am- Gym
- Pickleball: 1:00pm- Gym
- Bridge Group: 1:00pm- Atrium
- Basketball- 4:00pm-Gym

## Saturday:

- Basketball: 9:00am- Gym
- Table Tennis: 10:30am- Gym
- Exercise Room: 9:00am-12Noon
- Computer Lab: 9:00am- 12Noon





## Travel and Special Events

### **Seminar: Getting Your Affairs In Order-**

Tuesday, August 4, 2015- 10:30am-11:30am- Card Room- Free- This will be a discussion of legal and financial requirements necessary to get your affairs in order. No sign-up required and light refreshments will be served.

### **Brain Games Qualifying Competition-**

Thursday, August 13, 2015- 9:00am-11:00am- Room 239- Free- This will be a qualifying competition for the annual brain games that will be held on Tuesday, August 25, 2015 in Elizabethton, TN. The top 4 contestants will represent the Kingsport Senior Center as a team in the 2015 Brain Games Competition.

**Bob Ross Style Painting-** Wednesday, August 19, 2015- 10:00am-2:00pm- Room 303- Cost:\$50.00 paid to instructor Jay Holdway- Bring your Lunch- Supplies provided- Sign up now.

### **Flower Arranging Class- Oriental Design-**

Thursday, August 20, 2015- 10:30am-11:30am- Card Room- Cost is \$10.00 paid to instructor Susan Valentine- Bring scissors to cut flowers. Container and flowers will be provided.

**Camera Club Scavenger Hunt-** Monday, August 24, 2015- 10:00am-12noon- Room 239- FREE- Instructor Claude Kelly- **Sign up begins July 24.**

**Savvy Social Security Planning-** Tuesday, August 25, 2015- Lynn View Community Center- 9:30am-10:30am- Free- Facilitator: Ron Matthews- **Sign up begins July 24 but must sign up by August 18.**

**Beginning Drawing-** Friday, August 28, 2015- 1:00pm-4:00pm- Room 303- Cost: \$20.00 paid to instructor Anne Thwaites- Learn the basics on how to draw. Sign up now.

### **Farmer's Daughter Outing (Kiwans Tower**

**Residents ONLY)** - Friday, September 25, 2015- Greenville, TN- 10:00am-2:30pm- Cost: \$8.00 for transportation and lunch on your own. Sign up with Michelle after bingo on August 19.

### **Flashdance the Musical at the Niswonger Performing Arts Center with dinner at Fatz Café**

Tuesday, October 13, 2015

Greenville, TN

4:00pm-10:30pm

Cost: \$45.00 for transportation and ticket with dinner on your own

This pop culture phenomenon of Flashdance is now live on stage. With electrifying dance at its core, Flashdance the Musical tells the inspiring yet unforgettable story of Alex Owens, A Pittsburg Steel mill welder by day and a bar dancer by night with dreams of one day becoming a professional performer. You do not want to miss this.

**Sign up begins August 11.**

### **Smoky Mtn Railroad Carolina Moonshine Experience: Fall Foilage Time**

Thursday, October 29, 2015

Bryson City, NC

9:00am-9:45pm

Cost: \$110.00 per person for transportation, lunch, train ride and souvenirs.

Lunch on train will include: Pulled Pork BBQ, Cornbread Muffin, Cole Slaw, Cinnamon Apples, Moonshiners Mud Pie. You will also taste 3-4 different flavors of moonshine. Other flavors of moonshine available to purchase.

Train ride begins at 2:00

**Sign up begins August 11.**

## Travel and Special Events

### **OTLB: Paula Deen's Family Kitchen**



Friday, September  
11, 2015  
Pigeon Forge, TN  
8:45am-3:30pm  
Cost: \$8.00 for

transportation and \$16.99 plus tax  
paid at the restaurant day of.

Each tables chooses 2 entrees and 4 sides.  
You will choose dessert individually.

Sign up begins August 5<sup>th</sup>.

### **Barter Theater Stage 2: "The Doyle and Debbie Show"**

Tuesday, September 29, 2015  
Abingdon, VA  
10:30am-6:00pm  
Cost: \$30.00 for bus and ticket

Lunch will be on your own at Logan's  
Roadhouse

Country music's hardest working duo is back. Doyle Mayfield, a once beloved country star has found his newest partner (who he met last month at the VFW), Debbie #3, a single mom dolled up like a wannabe Dolly Parton, who is taking her considerable assets - and East Tennessee twang - out on the road in pursuit of bread for her kids and hope of Nashville stardom. This hilarious county music spoof has audiences raving from Nashville to Chicago to the Conan O'Brien show. When your side isn't hurting from laughing, you'll be dancing in the aisles to songs like "Stock Car Love," "Barefoot and Pregnant," and "Fat Women in Trail ers."

Sign up begins August 4.

### **Wohlfahrt Haus: "7 Brides for 7 Brothers"**



Thursday, September 24,  
2015

Wytheville, VA

9:45am-6:00pm

Cost: \$45.00 all-inclusive

"Goin' courting" has never been as much fun as in this rip-roaring stage version of the popular MGM movie. Millie is a young bride living in the Oregon wilderness, whose plan to marry off her six rowdy brothers-in-law backfires when they kidnap six women from town to be their brides. Musical numbers include "Bless your Beautiful Hide", "Sobbin' Women", "Wonder, Wonderful Day", and more. Don't miss this boisterous musical romance.

Sign up begins August 4.

### **Wohlfahrt Haus: "Echo's Of A Legend" Featuring award winning Elvis Tribute Artist Stephen Freeman**

Wednesday, October 7, 2015  
Wytheville, VA  
9:45am-6:00pm  
Cost: \$45.00 All-Inclusive



Sign up begins August 4.

## Your Page

### From the Dancing Corner

#### **AUGUST DANCE AT THE RENAISSANCE CENTER ON AUGUST 14, 2015**

*Shooter Band* will play your favorite dance tunes on Friday, August 14, 2015. Line dancing will begin at 6:30 PM with the band starting at 7:00 PM. Admission is \$5.00 per person.

*Shooter Band* is a 4 piece band with 3 part harmonies on every song. Formerly known as Old Dogs-New Tricks, they are ready to spread the joy of music!

Members of the band are Bass Guitar and Lead Vocalist: Frank Perry. Music is a driving force in Frank's life and he has a wonderful ability to sing with anyone and when he lets his voice loose, everybody knows it. Frank not only holds his own, but he kicks it up a notch. Lead Guitarist and Tenor Vocalist is Dr. Wes Perry, brother to Frank Perry. He does an awesome job on backup vocals as well as on lead vocals for the group. Drummer, Keith Oliver. Well, does a great job keeping the beat for the band. And last, but not least, the newest member to the band, Mr. Lee Gouge. He plays guitar and sings lead and backup vocals. What a talented guitar player and a wonderful addition to the Shooter band.

Put this date on your calendar for an enjoyable evening of listening and dancing.



### Massage Therapy

Mondays and Tuesdays  
9:00am-3:00pm

Call Barbara Keesecker at 423-735-7475  
to set up your 30-minute appointment

Cost: \$20.00

### Kingsport Senior Center Advisory Council Members

Bruce Shine (Chairman)

Brenda Cunningham

Norma Livesay

Lester Pridemore

Carol Woodard

Pat Breeding

Jean Chang

Carmon Moix

Frances Cottrell

Mary Porter



### **Spa Escape**

Becky Glover will be doing free facials and mani/pedi's in the Multipurpose Room on August 6th, 13th, 20th, or 27th from 4:00pm-5:30pm.



Schedule your appointment today in the front office for an evening of relaxation. You do not want to miss out on this! Limited to one visit.



## News to Use

### Knitting for Charity

Many of our knitters knit hats and scarves for charity. If you have yarn you would like to donate please bring it to the Kingsport Senior Center. Thank you.

KTG is performing Steel Magnolias on August 6, 7, 8 at 7:00pm at the Kingsport Higher Education Center. Tickets are \$10.00 across the board for the KTG: Downtown shows, which is the same price as senior ticket for our main stage shows. You can purchase tickets on the 2<sup>nd</sup> floor at the Theater Guild office.

### Light Yoga For Seniors Taught by Dr. Sharmi Mehta

This course is especially designed for the seniors who are interested in learning Yoga but are hesitant to do so because of their limited energy and fragile health conditions. In spite of these age related problems, if you want to stay healthy and active in your golden years learn yoga and have a good laugh while you're at it.

In this course we will learn various types of yoga- simple, safe and easy Hatha Yoga postures; Pranayam Yoga- Yoga of breath; and, Laughter Yoga- deliberate laughter exercises.

**Hatha Yoga** exercise will help to increase the flexibility of the aging body parts and reduce stiffness of joints and muscles.

**Pranayam or Yoga of Breath** involves learning simple breathing exercise, which strengthen lungs and help in easing headaches, sinus and blood pressure problems.

Along with Yoga stretches and breathing exercises, this course will also introduce **Laughter Yoga** to you. It is the modern innovation where laughing exercises are used to heal body and mind from varieties of ailments, stresses and pains; and help in memory retention.

Class will begin on Tuesday, August 25, 2015 from 11:00am - 12noon

Sign up begins August 3.

### Recipe of the Month

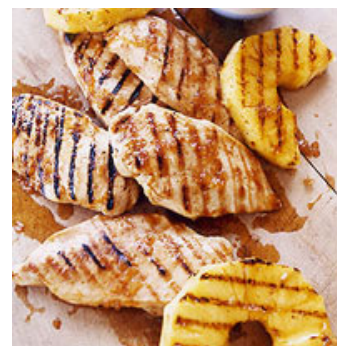
### Spicy Honey-Glazed Chicken Breasts

#### Ingredients:

¼ cup extra-virgin olive oil  
1 small onion, finely chopped  
1 clove garlic, finely chopped  
½ cup honey  
2 teaspoons hot pepper sauce  
½ teaspoon chili powder  
1 teaspoon lemon juice  
8 skinless, boneless chicken breasts  
salt  
1 pineapple peeled, cored and cut into 8 thick rings.

#### Directions:

1. In a small saucepan, heat 1-tablespoon olive oil over medium heat. Add the onion and garlic and cook, stirring, until translucent and beginning to brown, 6 to 8 minutes. Add the honey, hot pepper sauce and chili powder and let simmer for 1 minute. Remove from heat, stir in the lemon juice and set aside.
2. Preheat grill or large grill pan to medium-high. Rub the chicken with the remaining 3 tables spoons olive oil and season with salt. Grill until well marked. About 7 minutes. Flip and cook until the bottoms are well marked and the chicken is cooked through, another 2 minutes. Transfer to a plate and brush with the reserved honey glaze. Cover with foil and let rest for 5 minutes.
3. Meanwhile, grill the pineapple until well marked on one side, about 4 minutes, then flip and cook for another 2 minutes. Serve with the chicken.





## **Computer Classes**

- Be on the lookout for new computer classes to begin in September!

**Fish Woodburning Class-** Tuesday, August 11, 2015- Room 303- 9:00am-12Noon- Must bring your woodburner and all other supplies are provided- You will be making a fish using your woodburning tool- Cost is \$20.00 paid to instructor Sharon Chase day of class- Sign up begins August 3.

**Fall Painting Class-** Wednesday, August 19, 2015- Room 303- 9:00am-12Noon- Must bring paint brushes and water container and all other supplies will be provided- Cost is \$25.00 paid to instructor Sharon Chase day of class- Sign up will begin August 3.

## **Manicures**

Dobyns-Bennett cosmetology students will be at the center on Tuesday, August 11, 2015 to do manicures. Sign up now.

## **Library Book Day**

No Library Book day until further notice.

\*\*We are missing some library books that were checked out or mistakenly picked up and thought the books were free during library book day. The Senior Center is being charged \$821.70 for these books. If you have any of the books please return them to the Kingsport Senior Center office as soon as possible. Thank you.

## **Karaoke**

Will not meet until September

## **SMILE: Volunteers Wanted**

Attend SMILE meeting-  
Thursday, August 13 at 2:00pm  
in room 239. Guest speaker Trish Patterson

Come and find out about all of our wonderful volunteer opportunities. Contact Michelle at 392-8404 for more information.



## **Benefits of Meditation with Lee Stone**

Lee began his private counseling practice in 1990. He is nationally certified in Neuro-Linguistic Programming Psychotherapy and Clinical Hypnotherapy. Come and learn how to meditate and all the health benefits it has to offer.

Located in room 306 on Tuesday and Thursday at 9:30am.

Contact the front office for more information.



# Fall Classes 2015

Classes begin week of August 31, 2015 through week of November 16, 2015 unless otherwise noted.

## Aerobics

- Monday, Wednesday, Friday (ongoing)
- Time: 9:15am
- Location: Gym
- Instructor: Terri Farthing
- Lo-hi impact aerobics

## Basic Tai-Chi

- Monday
- Time: 8:30am
- Location: Room 310

This is a volunteer led class that will teach participants the basics/beginnings of tai-chi. Walk-ins welcome

## Ballroom Video Class

- Tuesday
- Time: 4:30pm-6:00pm
- Room 302
- No instructor, practice on your own

## Basket Weaving

- Tuesday
- Time: 9:00am-12:30pm
- Room 303
- Instructor: Lynne Bowers

## Core & Posture Belly Dance for Beginners (women only)-Will begin August 18

- Tuesday
- Time: 11:30am-12:30pm
- Location: Room 302
- Instructor: Angela Price

## Belly Dancing- (Women Only) Will begin August 19

- Wednesday
- Time: 1:00pm
- Location: Room 302
- Instructor: Angela Price
- Great for your core and abdominals.

## Camera Club

Please visit website for meeting times. Instructor: Claude Kelly  
Website:

[www.scphotogroup.com](http://www.scphotogroup.com)

## Ceramics

- Tuesday and Thursday
- Time: 9:00am-11:00am
- Location: Ceramic Room
- Instructor: Mary Lamson
- **Please remember your \$15 annual firing fee**

## Clay (Beginning Hand-Building)

- Monday- August 31- November 16.
- Sign up starts August 17
- Time: 10:00am-3:00pm
- Location: Ceramic Room
- Instructor: Phillip Shivell
- Fee: \$30.00, plus \$15.00 firing fee.
- Limit 16 people
- Pay at signup, no refunds

## Clay (Intermediate Hand Building)

- Wednesday- September 2- November 18.
- Sign up starts August 17.
- Time: 10:00am-3:00pm
- Location: Ceramic Room
- Instructor: Phillip Shivell
- Fee: \$30.00, plus \$15.00 firing fee
- Limit 16 people
- Pre-requisite must have taken beginning hand building

## Clogging (Beginning)

- Tuesday (will begin on August 18)
- Time: 10:00-11:30am
- Location: Room 302
- Instructor: Angela Price
- Must have 8 new beginners
- Sign up in office

## Clogging (Intermediate) Will begin August 19.

- Wednesday
- Time: 11:15am
- Location: Room 302
- Instructor: Angela Price

## Dulcimer (Beginners)

- Tuesday
- Time: 11:00am
- Location: Atrium
- Instructor: Sharon McCurry
- Appalachian/Lap dulcimer book: Cost: \$9.99. Supply list available at signup

## Intermediate Dulcimer

- Thursday
- Time: 11:00am
- Location: Atrium
- Instructor: Mark Farmer

## Exercise for Everybody

- Tuesday & Thursday
- Time: 10:30am
- Location: Gym
- Instructor: Kevin Lytle

# Fall Classes 2015

## Happy Day Singers

- Monday
- Time: 9:45am
- Inspirational signing at nursing homes

Any member wanting to participate needs to meet outside the Senior Center office each Monday at 9:00am. We travel by bus to the location where we are scheduled to sing.

## Jam Session

**\*Jam Session will not meet until further notice.**

**\*We are looking for someone to run the Jam Session. If you know of anyone willing to conduct Jam Session every Thursday at 12:30pm please let us know in the front office.**

## Karaoke

- 3<sup>rd</sup> Tuesday each month
- Time: 4:00pm
- Location: Cafeteria
- Bring a snack
- Facilitated by: Gary Coates

## Knitting Class

- Monday
- Time: 1:00-3:00pm
- Location: Room 303
- Instructor: Barbara White
- All skill levels

## Lap Swimming

- Monday-Friday
- Time: 8:00am-11:00am
- Location: Aquatics Center
- No instructor, Lap swimming
- Locker room and warm water pool available for use.

## Mahjong

- Monday
  - Time: 2:00pm
  - Location: Card Room
  - Instructor: Jean Chang
- Beginners to advanced player's welcome.

## Mini Cardio

- Tuesday & Thursday
- Time: 8:45am-9:15am
- Room: 302
- Instructor: Roger Hixon

## Piano Lessons

- Thursday
- Time: 2:00pm-7:00pm
- Room: Multipurpose Room
- Instructor: Freda Karsnak
- Fee: \$15.00 paid to instructor
- Call to schedule appointment: 292-2711

## Quilting

- Monday
- Time: 9:00am-10:30am
- Location: Room 303
- Instructor: John Plutchak

## Renaissance Strings

- Tuesday
- Time: 10:00am-11:00am
- Location: Atrium
- Instructor: Mark Farmer

## Rook

- Tuesday
- 4:00pm
- Location: Card Room
- Bring snack to share

## SilverSneakers Classic

- Monday, Wednesday, Friday
- Time: 8:15am-9:00am
- Location: Gym
- Low Impact Aerobics
- Instructor: Terri Bowling

## Strength Training

- Monday, Wednesday, Friday
- Time: 10:15am-11:00am
- Location: Gym
- Instructor: Terri Farthing

## Strength Training

- Tuesday & Thursday
- Time: 9:30am-10:30am
- Location: Gym
- Instructor: Kevin Lytle

## Tai-Chi

- Wednesday
- Time: 8:30am
- Location: Room 310
- Instructor: Hang Lei

## Woodcarving

- Thursday
- Time: 9:00am-12:00pm
- Location: Room 303
- Beginners welcome

## Woodshop

- Monday, Tuesday, Wednesday
- Time: 8:30am-3:00pm
- Location: Woodshop
- Instructor: Volunteers
- Safety test required. Given 1<sup>st</sup> Monday of each month at 9:00am
- Saturday's 9-12

## Zumba

- Tuesday & Thursday
- Time: 8:15am
- Location: Gym
- Instructor: Terri Bowling

# Fall Classes 2015 Branch Site Schedule

Classes end week of November 16 unless otherwise noted.

## Core Conditioning

- Monday, Wednesday & Friday
- Time: 9:00am
- Location: Lynn View
- Instructor: Chris Hicks
- Great for all ages
- Gain core strength

## Beginning Crochet (Sept 8)

- Tuesday
- 6 week class
- Time: 10:00am-11:00am
- Instructor: Susan Egan
- Location: Lynn View
- Cost: \$20.00; paid to instructor
- Patterns provided.
- #4 worsted weight yarn and size 8 hook.

## Intermediate Crochet (Sept 8)

- Tuesday
- 6 week class
- Instructor: Susan Egan
- Time: 11:30am-12:30pm
- Cost: \$20.00
- Snowflake pattern

## Art Class (Sept 1)

- Tuesday
- Time: 10:00am-12:00pm
- Location: Lynn View
- Instructor: Jo Anne McDonough

## Advanced Yoga

- Tuesday & Thursday
- Time: 11:00am-11:30am
- Location: First Broad Street UMC
- Instructor: Tish Kashdan

## Private Personal Training with Chris Hicks

- Call for appointment: 723-9967
- Call for prices

## Artist and Crafters Monthly Breakfast

- 2<sup>nd</sup> Tuesday of each month; no July meeting
- Time: 9:30am
- Location: Lynn View
- Please call for reservation 765-9047

## Yoga

- Tuesday & Thursday
- Time: 11:30am-12:30pm
- Location: First Broad Street UMC
- Instructor: Tish Kashdan

## SilverSneakers Classic

- Monday, Wednesday & Friday
- Time: 10:00am
- Location: Lynn View
- Instructor: Chris Hicks

## Piloxing

- Tuesday & Thursday
- Time: 9:30am
- Location: Colonial Heights Baptist Church
- Instructor: Terri Bowling
- This class is a combination of Pilates and Kickboxing. It is an intense workout.

## Total Body Workout

- Monday & Wednesday
- Time: 9:30am
- Location: VO Dobbins Gym #2
- Instructor: Terri Bowling

## Pickleball

- Monday & Wednesday
- Time: 10:00am-Noon
- Location: Lynn View

## SilverSneakers Yoga

- Wednesday
- Time: 11:00am
- Location: Colonial Heights Baptist Church
- Instructor: Darlene Taylor

## Indoor Walking

- Monday-Friday
- Time: 9:00am-Noon
- Location: Colonial Heights Baptist Church
- There will be a roster in the gym office at the church. Please sign the roster as with any other class.

## SilverSneakers Yoga

- Tuesday and Thursday
- Time: 9:00am
- Location: Lynn View
- Instructor: Chris Hicks

## Artisans Wanted

The Kingsport Senior Artisan Center is looking for a few new original artists to display and sell their work in our Artisan Center. Unique, original, hand made items will be considered. Please call for more information.

765-9047

visit our website

[www.kingsportseniorartisancenter.com](http://www.kingsportseniorartisancenter.com)  
and like our facebook page



# Kingsport Adult Education Classes



## Adult Education

### Job Skills

Be on the look out for National Electric Code (Commercial) and HVAC classes to start in September! For more info contact Michelle at 392-8404.



### Cultural/Arts/Crafts

Look for Cultural/Arts/Crafts to be offered in the fall.



### Health/Exercise



### Personal Training with Chris

- ❖ Instructor: Chris Hicks
- ❖ Available by the hour or as package
- ❖ Contact Chris (423) 723-9967 for pricing

### Pound Fit

- ❖ Wednesday, July 29-September 9.
- ❖ 5:30pm-6:30pm
- ❖ Gym
- ❖ Instructor: Darlene Taylor
- ❖ Cost: \$30.00 for 6 weeks class due 1<sup>st</sup> day of class



# Brain Teasers

			7				5	
					1	2	4	
1			6	9				
				2				
	2					5		4
	6	3	8			7		
6						9		
				3	4		6	5
	5							2

## Across

1. Contribute
4. Expression of surprised admiration
7. Ribonucleic acid
10. Type of whiskey
11. American Dental Association
12. Poetic dusk
13. Backsliders
16. Distinguished
17. Quietens
19. Termagant
22. Curved molding
23. Convenience
24. Small slender gulls
26. Grain to be ground
27. A painkiller
29. Option
33. Hasten
34. N N N N
35. Zero
36. Commercials
37. Clairvoyant's gift
38. Precious stone

1	2	3		4	5	6		7	8	9
10				11				12		
13			14				15			
		16								
17	18					19			20	21
22							23			
24				25		26				
		27			28					
29	30								31	32
33				34				35		
36				37				38		

## Down

1. Arrive (abbrev.)
2. Coloring agent
3. Slows down
4. Gulleys
5. Norse god
6. Beckons
7. Encumbering
8. Mesh
9. Autonomic nervous system
14. Huge
15. Receive from a predecessor
17. Small portable bed
18. How old you are
20. S
21. Damp
25. Binge
26. Clutch
28. Hotels
29. "Eureka!"
30. Cover
31. Compete
32. Shade tree

**Helen, Georgia and Country Living Fair with Shopping (2 nights)**

Thursday, October 22-Saturday, October 24, 2015

Stone Mountain, Georgia

Cost: \$205 for room, transportation and tickets

You will depart from the Senior Center on Thursday, October 22 at 8:00am and will return to the Senior Center on Saturday, October 24 at 7:00pm.

You will be staying at the Country Inn & Suites in Stone Mountain, Georgia

**Agenda:**

Thursday, October 22- Sugarloaf Mills Mall Shopping

Friday, October 23- Country Living Fair in Stone Mountain, Georgia

Saturday, October 24- Trip to Helen, Georgia to the Bavarian Town

Food will be on your own. Breakfast is included at the hotel.

**Sign up begins August 5 with only 40 spots available.**





# Trunk Sale

Friday, September 18, 2015

Front Lawn

8:00am-12:00pm

Free

Reserve your spot in the front office  
beginning on August 10th.



You do not want to miss  
out on some great  
deals!!

The Kingsport Senior Center

1200 E. Center Street

Kingsport, TN 37660

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